

Try This Versatile Blueberry Shake!



Blueberry Shake

Serves: 2 | Serving Size: 1 cup

Ingredients:

1 cup of low-fat, light, vanilla-flavored yogurt
1 cup of fresh or frozen blueberries
1/2 cup of orange juice

Directions:

Place all ingredients in a blender and blend on high speed until smooth.

Pour into 2 glasses and enjoy.

Nutrition Information:

Serves 2. Each 1-cup serving has 180 calories, 2 g fat, 1 g saturated fat, 0 g trans fat, 6 mg cholesterol, 83 mg sodium, 36 g carbohydrate, 2 g fiber, 30 g sugar, and 7 g protein.

Each serving also contains 2% DV vitamin A, 28% DV vitamin C, 21% DV calcium, and 0% DV iron.

Chef's Tips:

Feel free to experiment with a variety of fruits.

Using frozen blueberries or any frozen fruit will yield a thicker smoothie.

You can really control the sweetness level of this drink by choosing a yogurt that matches the nutrient profile you're seeking. For example, you could choose unsweetened nonfat yogurt for a tart smoothie that is sweetened only by fruit and juice, or you could choose a sweetened and flavored yogurt to add a totally different twist. The possibilities are practically endless!

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